

Community Health News 社區健康資訊

Care, in your community | 時刻護您社區

2022 Q4
OCT - DEC

2022年 第四季
十月至十二月



Season's Message 本季資訊



Give this fall season a fresh start with a flu shot and healthy habits. Choose to celebrate the holiday vibes cooking with in-season tasty autumn vegetables such as squash, kale, beets, cauliflower and Brussels sprouts. Go outside and take walks to see the bright red colors of trees and feel the crunchy leaves under your feet, all the enjoyable moments as you give care to your mental health and bolstering vitamin D levels under the sun.

The fall season could also be a vulnerable time for our mental health due to various reasons, including beginning a school year, looming stress of the holiday season, or regrets from not achieving desired goals from previous season. **Learn more about the new National 9-8-8 Crisis Lifeline** that anyone can call or text to when they experience mental health or emotional distress on page 4, or visit 988lifeline.org.

Mark your calendar to attend the **CCHP Health & Family Fun Fair on Sunday, September 18** for plenty of community fun, free health screenings & resources, cooking demos and more at the Chinatown YMCA and Willie "Woo Woo" Wong Playground! Follow CCHP social media accounts to receive updates and details of all of our exciting events.

接種流感疫苗及保持良好的健康習慣，能讓這個秋季重新開始。烹調秋季的時令蔬菜可以提升節日氣氛，例如：南瓜、羽衣甘藍、菜頭、椰菜花及抱子甘藍（椰菜仔）。往外邊欣賞紅葉，同時感受一下滿佈在腳下樹葉的清脆聲音。此刻在陽光底下，您的心靈獲得適當照料從而感覺到無比愉快，同時亦可以提高身體內的維他命 D 水平。

基於各種原因，秋季也可能是我們心理健康的脆弱時期，例如：新學年開始、即張來臨的假日壓力、或因未能實現上季定下的目標而感到遺憾。任何人在經歷心理健康或情緒困擾時，均可致電或以短訊聯絡 **9-8-8 防止自殺熱線**，或瀏覽 988lifeline.org。詳情可到第 4 頁參閱有關更多的最新資訊。

請您在日曆記下 9 月 18 日（星期日），**CCHP 將會在三藩市華埠YMCA及黃顯護遊樂場舉辦健康家庭同樂日**。屆時提供不同的社區活動、免費健康檢查與資源分享，及烹飪示範等！追蹤 CCHP 社交媒體帳戶，以便接收我們所有令人興奮的活動更新及有關資訊。

GET READY!
作好準備！

**Annual Open Enrollment
Season Starts Soon!**

CCHP is here to help you get ready.



1-415-834-2118



MemberServices@CCHPHealthPlan.com

**年度開放登記期
即將開始！**

CCHP 可協助查閱您的計劃選擇。

CCHP Message to Members

會員重要資訊



Breast Cancer Screening

Breast cancer is the second most common cancer in women. Screenings are tests performed on women's breasts to find cancer before symptoms appear. A mammogram is one of the most effective ways to find breast cancer early. It uses low-dose x-ray to find tumors that are too small to feel. The United States (US) Preventive Services Task Force¹ recommends screening mammography for women aged 40 years and older. **Screening is free for CCHP Members. Talk to your doctor today!**

The following are some recommendations for breast cancer screening:

1. **Mammogram** - Find tumors that are too small to feel.
2. **Clinical breast exam** - Check lumps or other changes by a certified clinician.
3. **Breast self-examination** - Report any changes (lumps or changes in size/shape) you notice to your doctor.

Talk to your doctor to find the best options for you.

乳房腫瘤檢查

乳癌在美國婦女最常見的癌症中排第二位。乳房腫瘤檢查是對女性乳房進行檢查，目的是在未出現癌症徵兆前找出癌細胞。乳房X光是診斷早期乳癌最有效的方法之一，它使用低劑量的X光線來偵測細小且難以感覺的腫瘤。美國預防服務專職小組¹建議女性40歲開始進行乳房腫瘤檢查。**CCHP會員可免費進行檢查。今日就聯絡您的醫生！**

以下是常見檢查乳房腫瘤的方法：

1. **乳房X光檢查** - 偵測細小且難以感覺的腫瘤。
2. **臨床乳房檢查** - 由醫護人員檢查腫塊或其他變化。
3. **自我檢查** - 如發現任何變化（腫塊，或大及形狀出現變化），請告知醫生。

請諮詢您的醫生，以找到最適合您的檢查方法。



¹ US Preventive Services Task Force (USPSTF) – is an independent, volunteer group of national experts in prevention and evidence-based medicine

¹美國預防服務專職小組 (USPSTF) 是一個由預防及證據醫學專家組成的獨立志願團體

Health Education 健康教育



Mental Health & Stress Management

Besides physical health, mental health is an important part of our overall health.

Everyone experiences stress differently. Stress is a natural part of our lives. It helps us strive and prepares us to react to dangerous situations. However, too much stress is harmful to our health. Here are some helpful ways to relieve stress:

1. Make a list of things that stress you out
2. Eat right, exercise regularly, and get enough rest
3. Manage your time wisely
4. Learn to relax – practice deep breathing, meditation, or mental imagery (visualization)
5. Take a break and do something you enjoy
6. Set aside time for yourself
7. Be realistic, set practical goals
8. Accept situations that cannot be changed
9. Laugh it off
10. Seek social support or professional help if needed

Be aware of the stressors in your life and take steps to manage your stress! **It's also okay to ask for help if you need it. Call or text 9-8-8 to talk to a professional.**

For more information and resources on mental health, please visit: <https://www.cchrchealth.org/mental-health-awareness/>.

心理健康及管理壓力

除生理健康外，心理健康也是我們整體健康的重要部分。壓力對每一個人的影響都不同。壓力是生活中自然的一部份。它可助我們努力奮鬥和面對危難。但過多的壓力會對健康造成威脅。參考以下的方法可助你緩舒壓力。

1. 留意自己在什麼事情或情況上特別感受到壓力
2. 吃得健康、定時運動、睡眠充足
3. 善用時間
4. 學會放鬆 – 練習深呼吸及精神冥想
5. 小休息一下，鬆馳身心，做些自己感興趣的事
6. 保留一些自己的時間
7. 不要好高騖遠，定計劃時要切合實際
8. 隨遇而安，不要勉強自己
9. 開懷達觀，勿過於執著
10. 必要之時尋求家人朋友的幫助或諮詢專業人士

生活中遇到壓力是常有的事，你要學駕馭壓力，變壓力為動力，勿讓壓力將你擊敗。**如有需要，您可以致電或以短訊聯絡 9-8-8 向專業人士尋求協助。**

有關心理健康的更多資訊及資源，請瀏覽：
<https://www.cchrchealth.org/mental-health-awareness/>。

Balancing Western Medicine with Eastern Remedies

東方中醫療法與西藥的平衡



Fruit, But No Melons

Being sandwiched between summer and winter, autumn is the season to switch from nourishing Yang to nourishing Yin. There is an old saying of “no melons in autumn”. Melons are cool natured fruits. Having too much melon will have a negative impact on the spleen and stomach, causing symptoms such as diarrhea. But other fruits are good for you in this season. For example, pears can nourish the lungs, relieve coughs and expel phlegm. Grapes can relieve fatigue, tonify Qi, enrich blood and strengthen the stomach. Apples are rich in multiple vitamins and potassium and are good for cardiovascular disease. Longan can soothe nerves and enrich blood. It's especially good for insomnia.

This is a general guideline. For more information, please talk a licensed acupuncturist.

Article provided by Saya Zhang, L.Ac., Licensed Acupuncturist at Chinese Hospital East West Health Services.

水果，但向瓜類說不

秋季夾在夏季及冬季之間，是一個由陽轉陰的季節。古語有云「秋瓜壞肚」。瓜類屬寒，吃瓜過量會對脾胃產生負面影響，引起腹瀉等症狀。然而，其它水果在秋季能為您帶來好處。例如：梨可以潤肺、止咳、化痰。提子可以緩解疲勞、補氣、活血、健胃。蘋果含有多種維他命及鉀，可改善心血管疾病。龍眼可以安神補血、對失眠特別有好處。

以上僅供參考。如需更多資訊，請向註冊針灸師諮詢。

資料由東華醫院中西醫學門診 - 張雯倩中醫針灸師提供。

Healthy Exercise Tips 健康運動小貼士

Jogging in Place

1. Stand in one place.
2. Hop from foot to foot, lifting your feet slightly off the ground.
3. Move your arms up and down as you jog in place.
4. Lift your knees higher to increase your heart rate.
5. Jog faster to create a higher intensity workout.

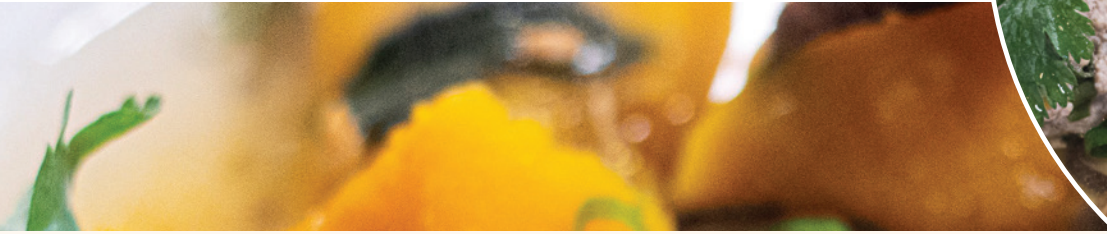
原地慢跑

1. 找一個地方站立。
2. 合攏雙腳，抬起腳稍微離地。
3. 在原地跑步時，將手臂向上，向下擺動。
4. 膝蓋要盡量高，以增強你的心跳率。
5. 動作加快以增強運動量。



Eat Well, Live Well Recipe

東華醫院註冊營養師健康美食推介食譜



Kabocha Squash Soup

Ingredients (4 servings):

Soup

2 tbsp., Cooking Oil	1 cup, Sliced Shiitake Mushrooms
1½ lbs., Kabocha Squash (1-inch cubes)	½ tsp., Kosher Salt
2 qt., Low Sodium Chicken Stock	½ tsp., Sugar
	1 tsp., Fish Sauce

Pork Meatballs

1 lb., Ground Pork	½ tsp., Oyster Sauce
1 tbsp., Minced Garlic	¼ tsp., Toasted Sesame Oil
3 tbsp., Sliced Green Onion	¼ tsp., Ground Black Pepper
¼ tsp., Kosher Salt	

Instructions:

Pork Meatballs

Mix ground pork, sliced green onions, minced garlic, ½ tsp. of Kosher salt, oyster sauce, toasted sesame oil, and ground black pepper. Form mixture into balls then marinate in the refrigerator for 15 mins.

Soup

Sauté cut squash for 1 minute on medium heat. Add chicken stock and sliced mushrooms. Bring the pot to a gentle simmer. Turn the heat down to low. Add meatballs to the pot, and cook until the meatballs float. Continue to gently simmer soup until the squash is fork-tender. Serve and garnish with green onion and pickled cilantro.

Recipe courtesy of Chef Tu David Phu
Find more about this recipe on our Facebook page @CCHPHealthPlan and live recipe video will be available after October 1.

Nutritional Information Provided by Chinese Hospital Registered Dietitian.

南瓜湯

材料：(4人份量)

湯

食用油 2 湯匙
南瓜 1.5 磅 (1寸大小粒狀)
低鹽清雞湯 2 夸脫
香菇片 1 杯
猶太鹽半茶匙
糖半茶匙
魚露 1 茶匙

豬肉丸

碎豬肉 1 磅
蔥粒 3 湯匙
蒜蓉 1 湯匙
猶太鹽 ¼ 茶匙
蠔油半茶匙
烤芝麻油 ¼ 茶匙
黑胡椒粉 ¼ 茶匙

做法：

肉丸

將碎豬肉、蔥粒、蒜蓉、猶太鹽茶匙、蠔油、烤芝麻油及黑胡椒粉混合在一起，然後揉成球狀，再放入冰箱15分鐘等待入味。

湯

用中火炒南瓜1分鐘。當加入雞湯及香菇片時，鍋內溫度便會降低，然後調校至細火。將肉丸加入鍋中，煮至肉丸浮起。繼續用細火慢煮，直至南瓜變熟。上桌時可用蔥粒及芫荽作裝飾。

食譜由 Chef Tu David Phu 提供

可到 CCHP 的 Facebook @CCHPHealthPlan 查看更多食譜。直播烹飪示範視頻將在 10 月推出。

營養資料由東華醫院註冊營養師提供。

Nutrition information per serving

每份量含以下營養

Calories 卡路里：351 kcal	Potassium 鉀：1468 mg
Protein 蛋白質：36 g	Phosphorus 磷：435 mg
Total Fat 脂肪：15 g	Vitamin C (維他命 C)：22 mg
Cholesterol 膽固醇：67 mg	Magnesium 鎂：60 mg
Sodium 鈉 (鹽)：790 mg	Folate 葉酸：49 mcg
Fiber 纖維：3.5 g	
Carbohydrates 碳水化合物：24 g	

Software 分析軟件：Nutritionist Pro



Monkeypox: Causes, Symptoms, Treatment and Prevention

Monkeypox is a rare disease caused by monkeypox virus. It was first discovered in 1958 in monkeys who were being kept for research, and the first human case was recorded in 1970. Monkeypox was mostly seen in African countries. But currently, an outbreak is spreading fast outside of Africa. The virus has been reported in at least a dozen countries, including the U.S.

How does it spread?

Monkeypox spreads when a person comes into contact with an animal or human with the virus. It can spread through contact with body fluids and monkeypox sores, items that have been contaminated with fluids or sores (clothing, bedding, etc.), sexual contact, or through respiratory droplets following prolonged face-to-face contact. Transmission may occur during sex through skin-to-skin and other intimate contacts.

What are the symptoms?

Monkeypox often begins as flu-like symptoms, such as fever, headache, chills, and muscle aches. The distinctive identification of monkeypox is a pimple-like rash that appears anywhere on your body, especially in the genital area.

How can you prevent monkeypox?

- Avoid close contact with people who have symptoms
- Avoid contact with infected animals
- Avoiding contact with contaminated materials, such as clothing and bedding
- Practice good hand hygiene after contact with infected animals or humans
- Use appropriate PPE when caring for others with symptoms

Can monkeypox be treated?

At this time, there are no specific treatments available for monkeypox infections. Medication may be used to ease the symptoms of illness. In some cases, a vaccine can be given to prevent the disease after a high-risk exposure to the virus.

What should I do if I think I may have monkeypox?

If you think you are infected with monkeypox, contact your healthcare provider ASAP and avoid close contact with others.

Information provided by Chinese Hospital & Clinics.

猴痘症狀、傳播、預防及治療

猴痘是一種由猴痘病毒引起的罕見疾病。該病毒於1958年從研究用的猴子身上首次被發現，及首宗人類感染病例最早出現於1970年。猴痘爆發主要發生在非洲國家。目前，疫情正在非洲以外的至少十幾個國家迅速蔓延，包括美國在內。

猴痘病毒如何傳染人類？

當與感染動物或人類接觸，便可能受感染。它可以通過血液、體液、傷口、受污染的物件（如衣服及床上用品）、性接觸或長期面對面接觸傳播。

感染猴痘會出現什麼症狀？

猴痘開始時與流感樣症狀相似，包括發燒、頭痛、發冷及肌肉酸痛等。其顯著特徵是在身體出現皮疹，特別是生殖器官。

如何預防猴痘？

- 避免接觸與有症狀人士
- 避免接觸受感染的動物
- 避免接觸受污染的物件，如衣服及床上用品
- 定期使用酒精搓水液或肥皂清潔雙手
- 在照顧病人時，穿戴適當防護裝備

如何治療？

目前沒有針對猴痘的特定治療方法，但有藥物可緩解症狀。在某些情況下，疫苗可提供給高風險密切接觸者。

如果我認為我受感染，我該怎麼辦？

如果您認為自己感染了猴痘，請盡快聯絡您的醫生，並避免接觸他人。

以上資訊由東華醫院及診所提供。

Chinese Hospital now offers monkeypox vaccines to eligible individuals who live or work in San Francisco.

東華醫院現提供猴痘疫苗給在三藩市生活或工作的合資格人士。

For vaccine eligibility, please visit
有關疫苗接種資格，請瀏覽

www.chinesehospital-sf.org/monkeypox



Health, Wellness, Fitness and Educational Class Schedule

2022 Q4
OCT - DEC

HEALTH EDUCATION CLASSES SPONSORED BY CCHRC

Registration: 1-415-677-2473



CLASSES PROVIDED BY CHINESE HOSPITAL

Registration: 1-415-677-2458



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2473	10/13/2022	Thur	1:00pm	2:30pm	•			Medication Safety	<ul style="list-style-type: none"> Understanding your prescription Medication safety Dos and don'ts when taking medications
	10/25/2022	Tue	1:00pm	2:30pm	•			Stress Management	<ul style="list-style-type: none"> What is stress? Common causes of stress How to prevent and manage stress
	11/10/2022	Thur	1:00pm	2:30pm	•			Healthy Eating	<ul style="list-style-type: none"> Dietary recommendations Tips on healthy eating
	11/22/2022	Tue	1:00pm	2:30pm	•			Fall Prevention	<ul style="list-style-type: none"> How to prevent falls and fractures Falls and fractures
	12/8/2022	Thur	1:00pm	2:30pm	•			Asthma Management	<ul style="list-style-type: none"> What is asthma? Medications and self-care
ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Wed Thur	3:00pm	4:00pm	•			*National Diabetes Prevention Program	<p>Participants will learn the skills needed to lose weight, become more physically active, and manage stress, to prevent or delay on set of type 2 diabetes (FREE to CCHP members and Chinese Community Health Services patients, \$220 for everyone else). Note: Dates and times are subject to change.</p>

PERINATAL CLASSES CLASSES PROVIDED BY CHINESE HOSPITAL | Registration: 1-415-677-2458



ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Mon Thur	1:30pm	2:30pm	•	•		Preparing for Babies	<ul style="list-style-type: none"> How to prepare a pediatric medical home for the baby What to expect at the hospital after the baby is born How to care for the baby when they go home Oral care and breastfeeding
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Health Education Class:
Fee: FREE

Perinatal Class:
Fee: FREE

NOTE: If less than 5 students register, the class will be cancelled.

National Diabetes Prevention Program

In-Person Fitness Class: Chinatown YMCA
855 Sacramento Street, San Francisco, CA 94108

NOTE: Classes are FREE for CCHP members only. Pre-registration before 9/30/2022 is required. If less than 5 students register, the class will be cancelled. Dates and times are subject to change. In order to allow fair access, CCHP members may register for up to four classes each quarter. Beyond four classes, members can enter their name on a waiting list. If there are still spaces available, members will be contacted and added to the additional classes. Proof of vaccination and masking are Required.

Check for updates on classes at www.cchphealthplan.com/classes-and-events

FITNESS CLASSES

FREE TO CCHP MEMBERS | Registration: 1-415-677-2458



CHINESE
HOSPITAL
& CLINICS



CHINATOWN YMCA

LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2458	10/3,10/10, 10/17,10/24, 10/31,11/7, 11/14,11/21, 11/28,12/5, 12/12	Mon	10:00am	11:00am	.			Yoga (All Level)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.
	10/3,10/10, 10/17,10/24, 10/31,11/7, 11/14,11/21, 11/28,12/5, 12/12	Mon	11:00am	12:00pm	.			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	10/6,10/13, 10/27,11/3, 11/10, 11/17, 12/1,12/8, 12/15	Thur	10:15am	11:15am	.			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	10/8,10/15, 10/29,11/5, 11/12,11/19, 11/26,12/3, 12/10,12/17	Sat	10:15am	11:15am	.			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	10/6,10/13, 10/27,11/3, 11/10,11/17, 12/1,12/8, 12/15	Thur	9:15am	10:15am	.			Qi Gong (All Level)	Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones.
	10/8,10/15, 10/29,11/5, 11/12,11/19, 11/26,12/3, 12/10,12/17	Sat	9:15am	10:15am	.			Qi Gong (All Level)	Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones.
IN-PERSON CLASS CHINATOWN YMCA 1-415-677-2458 (Proof of vaccination and masking are Required)	10/4,10/11, 10/25,11/1, 11/8,11/15, 11/22,11/29, 12/6,12/13	Tue	9:30am	10:30am	.			Qi Gong (All Level)	Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones.
	10/7,10/14, 10/28,11/4, 11/11,11/18, 12/2,12/9, 12/16	Fri	10:00am	11:30am	.			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	10/7,10/14, 10/21,10/28, 11/4,11/11, 11/18,12/2, 12/9,12/16	Fri	11:00am	12:00pm				Yoga (All Level)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.

健康講座及健身課程時間表

2022年 第四季
十月至十二月

健康講座時間表

課程是由華人社區健康資源中心提供
報名：1-415-677-2473



課程是由東華醫院提供
報名：1-415-677-2458



地 點	日 期	星 期	時 間		語 言			講 座	課 程 須 知
			開始	結束	英	粵	國		
網上視像 課程 1-415-677-2473	10/13/2022	星期四	10:00am	11:30am		•		安全服用藥物	<ul style="list-style-type: none"> 了解醫生處方的藥物 安全用藥 服藥時需注意的事項
	10/25/2022	星期二	10:00am	11:30am		•		處理壓力	<ul style="list-style-type: none"> 什麼是壓力? 壓力的常見原因 如何預防和管理壓力
	11/10/2022	星期四	10:00am	11:30am		•		健康飲食	<ul style="list-style-type: none"> 飲食建議 健康飲食小貼士
	11/22/2022	星期二	10:00am	11:30am		•		預防跌倒	<ul style="list-style-type: none"> 如何防止跌倒及骨折 跌倒及骨折
	12/8/2022	星期四	10:00am	11:30am		•		哮喘病護理	<ul style="list-style-type: none"> 什麼是哮喘病? 藥物治療和自我護理方法
網上視像 課程 1-415-677-2458	請來電預約	星期三 星期四	2:00pm	3:00pm		•	•	國家糖尿病預防項目	<p>通過學習減輕體重、增加鍛煉、和管理壓力的各種技能，預防和延緩II型糖尿病的發病</p> <p>(該課程對華人保健會員和華康醫務中心病人免費開放，其他公眾收費 \$220 整套課程) 備註：日期及時間可能有更改</p>

婦產及嬰兒講座時間表

課程是由東華醫院提供 | 報名：1-415-677-2458



網上視像 課程 1-415-677-2458	請來電預約	星期一 星期四	1:30pm	2:30pm	•	•		為寶寶的到來做好準備	<ul style="list-style-type: none"> 新生父母指南 新生兒須知 如何護理新生兒 口腔護理和母乳喂養
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■ 健康講座：
費用：免費

■ 婦產及嬰兒講座：
費用：免費

備註：如果報名人數少於5人，該課程可能會被取消。

■ 國家糖尿病預防項目 親身授課健身班：華埠青年會
855 Sacramento Street, San Francisco, CA 94108

備註：課程為華人保健計劃會員提供。健身課程需於2022年9月30日前註冊。如果報名人數少於5人，該課程會被取消。日期及時間可能有更改。為使每位會員都有機會參加健身課程，會員每季度只允許註冊4節課程。對其它有興趣的課程，會員需在等候名單上登記等候通知。親身授課需要提供完全接種疫苗證明和配戴口罩。

可上網查看健身班及健康講座的更新：www.cchphealthplan.com/zh-hant/classes-and-events

健身班時間表

健身課程為華人保健計劃會員免費提供 | 報名：1-415-677-2458



地 點	日 期	星 期	時 間		語 言			講 座	課 程 須 知
			開始	結束	英	粵	國		
網上視像 課程 1-415-677-2458	10/3,10/10,10/17, 10/24,10/31,11/7, 11/14,11/21,11/28, 12/5,12/12	星期一	10:00am	11:00am	•	•		瑜珈 (各級)	學習瑜珈能增強體力、促進身體柔軟度及平衡感、調息呼吸、並能讓身心放鬆。歡迎從未學過瑜珈人士報名，祇需攜帶瑜珈墊或毛巾。
	10/3,10/10,10/17, 10/24,10/31,11/7, 11/14,11/21,11/28, 12/5,12/12	星期一	11:00am	12:00pm	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	10/6,10/13,10/27, 11/3,11/10, 11/17, 12/1,12/8,12/15	星期四	10:15am	11:15am	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	10/8,10/15,10/29, 11/5,11/12,11/19, 11/26,12/3,12/10, 12/17	星期六	10:15am	11:15am	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	10/6,10/13,10/27, 11/3,11/10,11/17, 12/1,12/8,12/15	星期四	9:15am	10:15am	•	•	•	氣功 (各級)	八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。
	10/8,10/15,10/29, 11/5,11/12,11/19, 11/26,12/3,12/10, 12/17	星期六	9:15am	10:15am	•	•	•	氣功 (各級)	八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。
親身授課 華埠青年會 1-415-677-2458 需要提供 完全接種 疫苗證明和 配戴口罩	10/4,10/11,10/25, 11/1,11/8,11/15, 11/22,11/29,12/6, 12/13	星期二	9:30am	10:30am	•	•	•	氣功 (各級)	八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。
	10/7,10/14,10/28, 11/4,11/11,11/18, 12/2,12/9,12/16	星期五	10:00am	11:00am	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	10/7,10/14,10/21, 10/28,11/4,11/11, 11/18,12/2,12/9, 12/16	星期五	11:00am	12:00pm	•	•		瑜珈 (各級)	學習瑜珈能增強體力、促進身體柔軟度及平衡感、調息呼吸、並能讓身心放鬆。歡迎從未學過瑜珈人士報名，祇需攜帶瑜珈墊或毛巾。



**Chinese Hospital
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東華醫院醫療體系

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Chinese Hospital
Health System
東華醫院醫療體系



CCHP Member Services
CCHP 會員服務

CCHP Member Services Center - Chinatown
CCHP 會員服務中心 - 華埠
445 Grant Ave, San Francisco
www.CCHPHealthPlan.com/memberservices

1-415-834-2118

CCHP Member Services Center - Daly City
CCHP 會員服務中心 - 帝利市
386 Gellert Blvd, Daly City
www.CCHPHealthPlan.com/memberservices

1-415-834-2118

Health Education
健康教育

Chinese Community Health Resource Center
華人社區健康資源中心
818 Jackson St, Unit 301, San Francisco
www.cchrhealth.org

1-415-677-2473

Chinese Hospital
東華醫院

Chinese Hospital
東華醫院
845 Jackson St, San Francisco
www.chinesehospital-sf.org

1-415-982-2400

Support Health Services
東華醫院健康服務中心
845 Jackson St, Floor B1, San Francisco
www.chinesehospital-sf.org

1-415-677-2370

Chinese Hospital Outpatient Center
東華醫院門診中心
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

1-650-761-3500

Chinese Hospital Clinics
東華醫院門診中心

Sunset Health Services
日落區華康醫務中心
1800 31st Ave, San Francisco
www.chinesehospital-sf.org

1-415-677-2388

Excelsior Health Services
外米慎區華康醫務中心
888 Paris St, #202, San Francisco
www.chinesehospital-sf.org

1-415-677-2488

Gellert Health Services
Gellert 華康醫務中心
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

1-650-761-3500

East West Health Services - Chinatown/Financial District
中西醫學門診 - 華埠/金融區
445 Grant Ave, Ground Floor, San Francisco
www.chewhs.org

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